

# The State of Washington



## Proclamation

**WHEREAS**, stroke is the sixth leading cause of death in Washington, with more than 3,000 dying from stroke in 2017 (about eight deaths per day), and the leading cause of preventable disability for adults; and

**WHEREAS**, more than a quarter of Washingtonians are living with obesity, hypertension, or high cholesterol which are major risk factors for stroke. Smoking, unhealthy diet, and physical inactivity also increase risk for stroke; and

**WHEREAS**, the estimated financial cost of strokes in the U.S. is projected to soar to more than \$2.2 trillion over the next 45 years if no action is taken to improve preventive care or treatment; and

**WHEREAS**, time is critical for treating stroke - lifesaving treatment must start within three to four hours of symptoms starting, but only 10 percent of patients get to the hospital in time; and

**WHEREAS**, using the following tool to help recognize stroke symptoms will assist in acting F.A.S.T.:

<b>FACE</b>	Ask the person to smile. Does one side of the face droop?
<b>ARMS</b>	Ask the person to raise both arms. Does one arm drift downward or not move?
<b>SPEECH</b>	Ask the person to repeat a simple sentence. Does the speech sound slurred or strange?
<b>TIME</b>	Time to call 911 if you see any one of these signs. Note the time symptoms started, or when the person was last known well and tell the medics.

Few Americans know the signs of stroke. Learning them - and acting "F.A.S.T." when they occur - could save a life and prevent devastating disability; and

**WHEREAS**, calling 911 and arriving at the hospital by ambulance significantly speeds treatment because emergency medical services personnel are trained to identify stroke, to take patients to stroke centers, and to call ahead to notify them so staff members can prepare to rapidly treat patients;

**NOW, THEREFORE**, I, Jay Inslee, Governor of the state of Washington, do hereby proclaim May 2019 as

### *Stroke Awareness Month*

in Washington, and I encourage all people in our state to take action to reduce their risk of stroke, to know the signs and symptoms, and to act F.A.S.T.

Signed this 17<sup>th</sup> day of April, 2019

Governor Jay Inslee

